

Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

HOMEMAKERS' CHAT

Saturday, March 2, 1940

(FOR BROADCAST USE ONLY)

Subject: "VEGETABLE VARIATIONS." Information from the Bureau of Home Economics,
U.S.D.A.

--ooOoo--

You can worry, complain, and scold. You can beg, and urge, and insist. You can preach vitamins and minerals till you're blue in the face. But you can't get your family to eat all the vegetables they need unless they like vegetables. Serving a husband vegetables is like leading a horse to water. And youngsters, especially youngsters in their teens, can be more stubborn than husbands. The worst of it is that at the growing age they need vegetables most. No wonder mothers say the vegetable problem is enough to give them grey hair.

The best way to get husbands and children to eat vegetables is to make vegetables look so good when they come on the table that everybody wants a first helping; and then to make them taste so good everybody comes back for a second helping. You may say that's easier said than done. And you're right. But I'm suggesting to day some ways to do it.

One way to do it is to give more time and attention to the vegetables than to the meat and dessert. In most kitchens vegetables get treated like step-children. It's so easy to drop vegetables in the kettle and just cook them that many cooks let it go at that. So the poor vegetables boil away until they lose much of their flavor and color as well as much of their nourishment. And then they come on the table a watery mushy mass. Overcooking accounts for a good deal of the prejudice against vegetables.

The first step toward making vegetable appeal to the family is to cook them until just tender and no longer. Cook in rapidly boiling salted water and never use soda. Soda does keep green vegetables green. But it spoils the natural good

taste of the vegetable, it makes the vegetable mushy, and worse still, it destroys the vitamin C. If you cook green vegetables in an open kettle just long enough to make them tender, they'll be green without soda and they'll taste and look better.

The second way to make vegetables appeal to the family is to give them plenty of variety. Never serve the same vegetable the same way day after day. Provide variety by using as many different vegetables as you can, and then by serving them in different ways. Convenient and good as canned vegetables are, they become tiresome if you just heat and serve them "as is", day in and day out.

Let's take some of the common inexpensive everyday vegetables you're likely to be serving this time of year and see how you can make them extra good.

Let's begin with canned string beans. Did you every try string beans with sour sauce? Pour the juice from the can of beans into a frying pan. Now chop together onion, parsley, green pepper, pickle and crisp bacon. Cook this mixture rapidly a few minutes in the bean juice. Add a little vinegar, sugar, salt, pepper and bacon fat. Last of all add the beans. When they are hot, serve beans and sauce together..

String beans are also good in cheese sauce. Make a white sauce of milk, flour and butter or other fat. Then add enough grated cheese to give the sauce a nippy cheese flavor. Serve the beans in the hot cheese sauce. A dash of red paprika over the top gives extra color.

String beans are one of many vegetables extra good heated in sour cream. Sour cream, you see, provides both the butterfat and the tart flavor that sets off the beans. Sour cream is also good with cabbage, and with spinach or other greens.

Now here are a few lima-bean ideas. If you are using dried lima beans, soak them and cook them in soft water if possible. Old-fashioned housewives used to save rain water for cooking beans in if they couldn't get soft water any other way. You see, minerals in hard water make the skins of beans hard and tough. Soft water

makes the beans easier to cook and much more tender.

Either canned or dried lima beans are delicious served with Creole sauce.

To make this sauce, brown chopped onion and green pepper in bacon fat. Add stewed tomatoes. Thicken slightly with flour and serve hot over the hot beans. Or try baking lima beans in a mixture of white sauce, catsup, bacon fat with grated cheese and bread crumbs over the top.

Carrots are another stand-by vegetable for almost any time of year. Young tender boiled carrots are good served in parsley butter sauce. You melt butter, add a little lemon juice and chopped parsley and serve over the hot carrots.

If you are tired of just plain creamed carrots, try cream sauce made with peanut butter. And slice the carrots lengthwise as a change from those eternal little round crosswise slices. Carrots lose less vitamin in cooking if they are sliced the long way instead of across.

By the way, peanut butter is also good with creamed onions. And here's another peanut-and-onion idea. Try boiled sliced onions scalloped with chopped peanuts.

Southern cooks have long known how good greens are cooked in the water in which a ham has cooked. Cabbage is extra good boiled in "ham water." So is celery. Celery is good cooked in any meat stock.

But there. You see how one vegetable idea leads to another. If you want to make vegetables appetizing, remember first not to cook them too much. And then use a variety of seasoning foods from butter and bacon and sour cream to lemon juice, vinegar, onion, tomato, green pepper and cheese.

#####

